

5 Citizens are the most important treasure of any nation or country. The findings of this systematic review can have significant value in designing intervention programs aiming to foster the personal and professional well-being of kindergarten teachers. The methodological approach consists of a systematic literature review of the well-being dimensions of kindergarten teachers that can be found in the literature and the instruments that are most frequently used to assess the identified dimensions. To achieve that, kindergarten teachers perform an increasing diversity of tasks, which can significantly affect their motivation to teach and their professional and personal well-being. It is of great importance to note that early childhood education can have a positive impact on individual career development and can reduce social problems, emphasizing the importance of investing in quality education for young children. However, the absence of enthusiastic and dedicated citizens, all the other resources may go waste and useless.